



# LEHI LEGACY CENTER CROSS TRAINING FOR YOUTH FALL 2010

Are you looking for a way to increase your performance in your specific sport?

Cross-training in sports and fitness refers to the combining of exercises to work various parts of the body at the same time or in succession.

### **Benefits of Cross Training**

- Universal sports application
- Produces a higher level of all around conditioning
- Conditions the entire body, not just specific muscle groups
- Reduces the risk of injury
- Improves your speed, skill, agility, and balance

### **Strength Training**

- Calisthenics utilizing body weight resistance; pushups, crunches, rope climbs, and pull ups.
- Weight Balls
- Tubing and Bands

Flexibility (Stretching, Yoga)

Speed, agility, and balance drills

Circuit training, sprinting, plyometrics and other forms of conditioning

# **\*QUICK FACTS**

What C	cross Training for Youth
WhereL	egacy Center (East Gym)
Who A	ges 8yrs to 18yrs old
Date Fa	all Session 1 –September 7 thru October 14
F	Fall Session 2 – October 19 thru December 2
N	No class dates October 28 and November 25

Day ...... Tuesday and Thursday

Time ...... 5:30pm-6:30pm

Fee ......\$72 (\$60 Lehi Resident Discount)

## REGISTRATION

Come to the Legacy Registration Office Mon-Fri 8am-6pm OR www.lehi-ut.gov

### **INFORMATION**

For more information call Legacy Front Desk at 801-768-7124

